SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 6th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 6 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 7 **Assembly League – Victoria park, Mile End 7:30**

Fri 8 **Track Session with Martin Morley details**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 12 **Track Session with Steve Smythe see below**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
6 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Jun 7 Victoria Pk. Assembly League
Jun 9/10 Welsh Castle relays
Jun 22 Club champs 1mile , Dulwich track
full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so don't forget to pay when you sign in. Thanks. - Ros

DULWICH TRACK SESSIONS

Track sessions back at Dulwich College Track.
Improve your speed & strength over all distances Tuesdays with Steve Smythe are suitable for all abilities.
Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track
Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

NEW RUNNERS ROTA

Thanks to **Vicki Fong, Jessica Sale, Will Davis and Hugh Balfour** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. **– Ros**

Susan Cooper	**06/06**
Kaylee Coxall	13/06
No Club Run – Dulwich 5k – Marshalls Needed 20/06	
Jozef Danko	27/06

LUCKY VEST- This Wednesday

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight
Vests £18 - T shirts £20
Ros

DULWICH RUNNERS

Midsummer 5k
Dulwich Park
Wed 20th June
7:45pm

There will be no club run that evening so If you can help with marshalling the race it will be greatly appreciated.
You'll need to be at the start for around 7pm
let me know: barry@1bg1.com
Thanks to those that have already volunteered

CLUB FIXTURES 2011/12 - Club Champs , XCountry, etc.

Date			Event		Venue
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		Various
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

Mike

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have now been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures will start at 12 noon with the exception of the Epsom Downs match, which will start later (time TBC)

Mel & Sue

Assembly League, June 7

Victoria Park as the furthest league away is traditionally where we struggle to get a team out so we need as many members (espoecially the women) of all abilities to keep us in a high position in the league. Just running any pace will help.

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Victoria Park on 7th June at 7:30pm. Details to follow.

7 Jun Victoria Park 7:30
5 Jul Battersea Park 7:30
2 Aug Dulwich Park 7:30
6 Sep Beckenham Sports Club 7:15

Charlie Lound

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! - **Ros**

POST CLUB CHAMPS SOCIALS

As an added incentive to participate in club championship races, post race refreshments are taking place after two of the summer races.

Following the Mark Hayes mile club champs at Dulwich College Track on 22 June, we are planning to adjourn to the Alleyns Head pub nearby, and after the Dry Hill 10 in Lingfield on 2 September a pub lunch is being organised (look out for further details of this nearer the time). ***Mike Mann***

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.
Dates for some of the races are provisional, based on last years dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. - Mike Mann

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

At the time of writing there are still places available for the Harvel 5 and Dorking 10

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

Martin Morley

WELSH CASTLES RELAY

Provisional stage allocations have now been sent to all the runners. If anyone not running fancies a weekend in Wales, we are looking for additional minibus drivers as well as extra cars to help with the transport logistics.

Wednesday Running Maps

On page 6 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Mark Hayes Memorial Mile – Club Championships, Friday June 22

Please put the date in your diary and support the event. Everyone is welcome. Mark was a former club championships mile winner who a few years ago sadly passed away far too early and his wife Kareen and his children will be in attendance to give out the medals and trophies.

This year's race has moved to a Friday but the distance remains at a mile and it's the same Dulwich College venue and hopefully the usual good weather and great atmosphere. Traditionally the event attracts over 50 club members of various abilities and there is usually 4 of 5 races split by time or age group. Ie those running four minutes something won't be in the same race as those running 7, 8 or 9 minutes.

We also will have the traditional children's race (probably 600m).

If you intend racing, please inform stevesmythe2006@yahoo.com so we can work out prospective numbers and races and who will go in what race. Ideally also provide a rough time. If you subsequently can't do it, please let him know.

Race Reports & Results

5km Results for June 2nd

Banstead Woods, June 2
A win for Tony.

1 Tony Tuohy	17:35

Bexley, June 4
The Monday date allowed many to try the event out.

8 Ebe Prill	19:56
12 Mike Fulliove	20:18
26 Andy Murray	21:39
35 Martin Morley	22:35
44 Jim Dowsett	23:00
65 Ros Tabor 6W	24:30

149 finished

Brockwell
Ola just missed out on a win.

17 Ola Balme 2W	20:24
32 Graeme Campbell	21:32 (PB)
106 Michelle Lennon 26W	26:41

165 finished

Bromley
Mike Fulliove set another PB in a parkrun that again attracted over 300.
NB no Bromley parkruns in coming weeks)

10 Steve Smythe	18:49
13 Mike Fullilove	19:10 (PB)
28 Duncan Hussey	19:50 (sub-20 pacer)
31 Oscar Hussey	20:09
53 Martin Morley	21:15
72 Colin Frith	21:58

316 finished

Crystal Palace

4 Will Davis	18:45
12 Ebe Prill	19:58
33 Mike Dodds	22:54
36 Graham Laylee	23:08
38 Jozef Danko	23:18
44 Clare Wyngard 5W	23:52
89 Chris Vernon	30:36

105 finished

Dulwich
Pbs for all Dulwich Runners at a surprisingly thinly supported event. Nicola gained a women's win.

7 Duncan Wilson	20:22 (PB)
9 Nicola Richmond 1W	20:34 (PB)
35 Stephanie Buychill 7W	26:21 (PB)

49 finished (previous lowest 77)

Riddlesdown, June 4
Another Monday event.

190 Jo Quantrill 43W	33:52
191 Susan Vernon 44W	33:53
193 Ange Norris 46W	34:52

202 finished

Nonsuch June 5
A rare chance for a Tuesday parkrrun attracted a record 459. The previous best was 235!

5 Tony Tuohy	17:16
91 Ange Norris 10W	21:18
136 Mike Dodds	22:52

Blackheath & Bromley Open, May 28
Official results

1500 Race 1

6Clare Elms 1W	4:40 82
9 Alex Elms	4:51.14 (1U13) (PB)

Race 2

5 Steve Smythe	5:09.21
10 Andrea Pickup	5:24.01

800

Rasce 4

1 Oscar Hussey	2:36.90

Kent Young athletes League, Bromley, June 4
Alex Elms wasn't able to make his club debut in this league as he wasn't a paid up member but was hoping to get a race against the UK number one and some other top youngsters but the referee refused his request to run in the Division 1 race and instead he ran as a guest in the Division 2 race which he won easily.

Division 2: 1500m: 1st Alex Elms 5:01 (tbc)

Harvel 5, June 2
Mike Fullilove ran well a few hours after setting a 5km parkrun PB.

55 Mike Fullilove	31:27
104 Joseph Brady	33:50
133 Mike Ward	35:06
402 Cory W Malcolm	43:38
535 Richard Pole	49:32

630 finished

Herne Hill Open, June 4

The weather wasn't too bad, cool and slightly breezy and numbers were fair for a bank holiday afternoon and full official results are not available as shorts' publication date.

Tony was disappointed with his Mile getting isolated early on but at least finishing well. Mike Mann, bronzed after being in Jordan – the country rather than the TV 'personality' also lacked his usual zip.

In the 800m, over a hour later, Tony kindly offered to helpClare and did an excellent job going through 400m in 67 however Clare was constantly impeded by a very indiscliplined younger male runner who surged and was unable to run in a straight line and cost her a good second or two and at least a chance at the British age group record. As the annoying runner faded back, Clare, finally with a clear run kicked past Tony 100m out and her time was her third best ever.

Mike also doubled up but again wasn't at his best in the 800m. Alex Elms tried a 200m after his earlier 1500m but wasn't at his best with a stitch.

Entries are more reasonable than the Blackheath and Bromley Open and you get tea and cake for a pound.

Mile

Tony Tuohy	4:58 (tbc)
Mike Mann	5:37 (tbc)

800m

Race 2

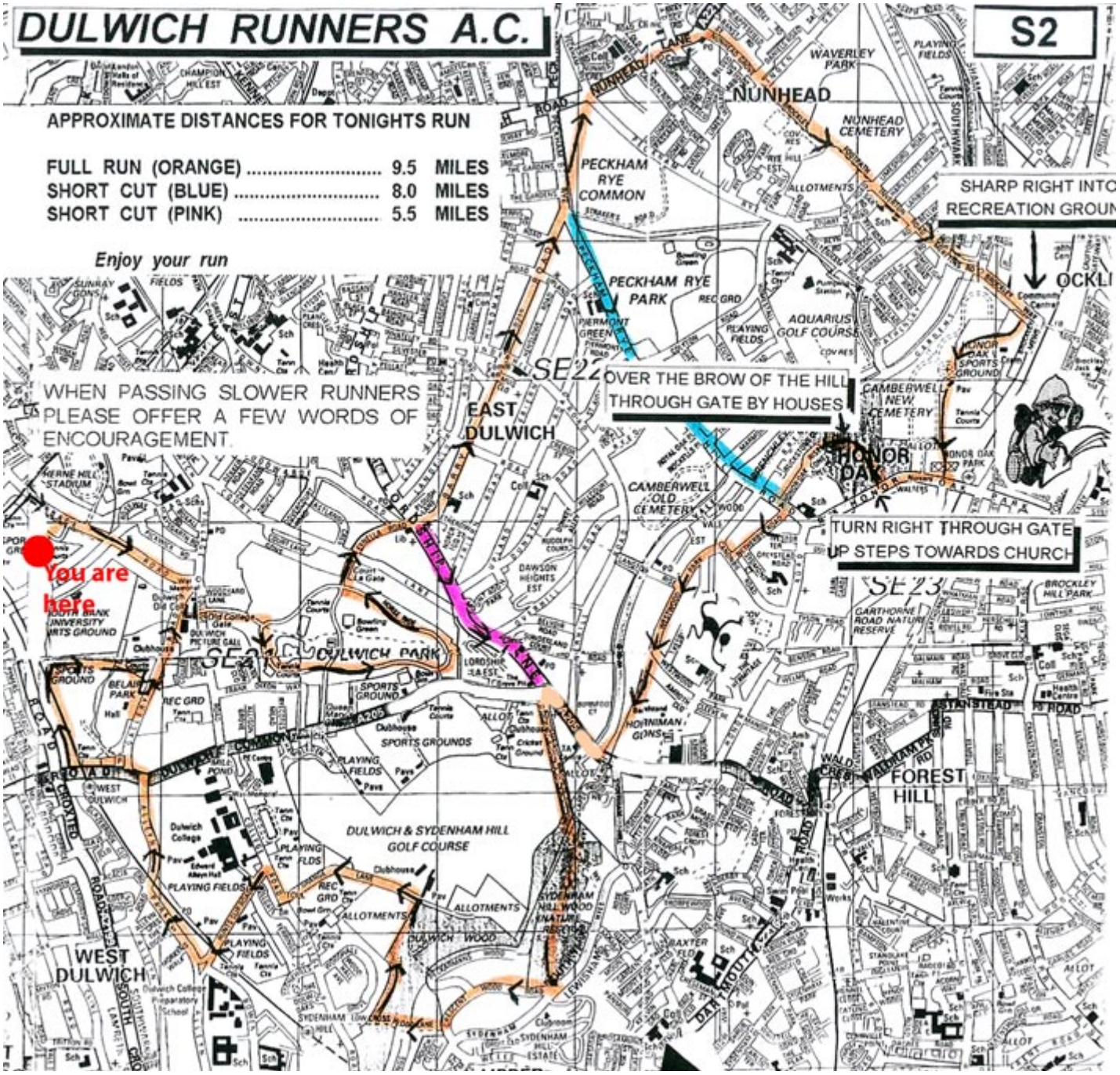
Clare Elms	2:16.89 (tbc)
Tony Tuohy	2:18.1 (tbc)

Race 4

Mike Mann	2:37 (tbc)

200m

Alex Elms	29.7 (tbc)


DULWICH RUNNERS A.C.
S2
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 9.5 MILES
SHORT CUT (BLUE) ..... 8.0 MILES
SHORT CUT (PINK) ..... 5.5 MILES
Enjoy your run
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
You are here
SHARP RIGHT INTO RECREATION GROUN
OVER THE BROW OF THE HILL THROUGH GATE BY HOUSES
TURN RIGHT THROUGH GATE UP STEPS TOWARDS CHURCH
NUNHEAD
PECKHAM RYE COMMON
PECKHAM RYE PARK
EAST DULWICH
HONOR OAK
FOREST HILL
WEST DULWICH
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
SE22
SE23
SE21